

NEWS RELEASE

STATE OF NEW HAMPSHIRE, DEPARTMENT OF TRANSPORTATION

Carol A. Murray, Commissioner

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BIKE/WALK TO WORK DAY OFFERS RELIEF FROM HIGH GAS PRICES
ANNUAL EVENT TO PROMOTE TRANSPORTATION OPTIONS IS MAY 19

Has the high cost of gas got you upset? Are you sick and tired of seeing all your hard earned money going to the pumps? Is your waistline growing faster then your savings account? Everyone has access to a machine that doesn't use gas and actually makes you healthy. The human body!

May 19th is "National Bike/Walk to Work Day". This year try something different and power yourself to work by walking or biking. Over 22% of all motor vehicle trips Americans take are less than one mile long, and 50% of the working population commutes five miles or less to work, an easily bikeable distance. Even if you live a long distance from your work, you can drive to a ride share lot or other parking facility and ride or walk from there. You'll save gas, get in better shape and help promote clean air.

Last year more than 800 participants from 14 different New Hampshire communities participated in the event and traveled over 6,200 miles. This saved approximately 350 gallons of gas, more than a thousand dollars saved at today's prices!

The fourth annual Bike Walk to Work Day in New Hampshire is sponsored by the New Hampshire Department of Transportation, in partnership with The Bike Walk Alliance of NH, Concord 20/20, the Department of Health and Human Services, the Department of Environmental Services, the Society for the Protection of NH Forests, and the Seacoast Area Bicycle Routes. Events will take place across New Hampshire.

On the web visit www.bwanh.org or www.nhbikeped.com for more information.